



# The Dreamer's Journal

## MAY 2022



### Newsletter Highlights

DREAM BIG-PSP AND APRIL CHILD ABUSE AWARENESS

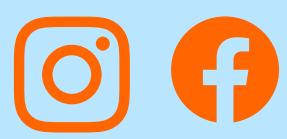
DREAM BIG SPOTLIGHT: MENTAL HEALTH AWARENESS MONTH

MARK YOUR CALENDARS: [DREAM BIG](#) EVENTS THIS MONTH

[ANYTHING IS PAWSIBLE](#)

### Follow Us!

STAY INVOLVED AND INFORMED OF ALL ACTIVITIES AND UPDATES! SHARE AND HELP BRING MENTAL HEALTH AWARENESS TO OTHERS. CLICK ON ICONS!



## END THE STIGMA!

By: Carolina Morales, LPC

Mental health is such a vital component to our overall wellbeing. It is important that we all understand the importance of mental health and why we need to continue to reduce the stigma around it (*especially after these last few years*). The following statistics are from the data collected by Mental Health America (MHA):



- **NEARLY 50 MILLION ADULT AMERICANS ARE EXPERIENCING A MENTAL ILLNESS.**
- **IN 2021, ABOUT 11.4 MILLION ADULTS EXPERIENCED SERIOUS SUICIDAL THOUGHTS (THIS IS 664,000 MORE PEOPLE FROM LAST YEAR)**
- **OVER 5.5 MILLION OF ADULTS WITH A MENTAL ILLNESS REMAIN UNINSURED**
- **56% OF ADULTS WITH A MENTAL ILLNESS RECEIVE NO TREATMENT**
- **1 IN 3 YOUTH (AGE 12-17) ARE STILL NOT RECEIVING MENTAL HEALTH TREATMENT**
- **IN 2021, ABOUT 14% OF YOUTH REPORTED SUFFERING FROM AT LEAST ONE MAJOR DEPRESSIVE EPISODE, THIS IS 206,000 MORE COMPARED TO 2020.**

While these statistics do not begin to cover the amount of mental health concerns in our country, Dream Big hopes to bring awareness to the matter. We can no longer pretend that the current stigma around mental health is small or nonexistent. Think about it, over 5.5 million adults with mental health problems are uninsured and over half of American adults do not receive treatment. This could be for various reasons, however, the truth is that mental health is not seen as an important part of a person's wellbeing. Whether it is because of financial reasons, stigmatization, lack of education, or even lack of access to services. We need to do better! We challenge you to bring awareness in hopes of ending the stigma, to educate others, to donate to organizations that dedicate their time and services to mental health - but most importantly, we encourage you to join us in our goal to provide healing services to everyone.



# The Dreamer's Journal

A monthly publication of Dream Big-PSP Counseling. Established February 2022.  
Title originated from Melissa Reeves Austin-Weeks.

## Mission Statement

Dream Big- PSP Counseling is a 501(c)3 non-profit organization whose mission is to provide mental and behavioral healthcare services to children, adolescents, and adults in an individual, group, family, or school setting. Providing services for either uninsured or under-insured that would otherwise not be able to receive services needed to lead healthier lives and be productive members of society.



Logo created by Sandy Rapp

### Ways to reduce stigma attached to mental health

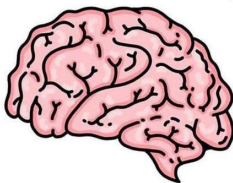
@what.is.mental.illness

Show compassion & love for those with mental illness

Encourage equality between physical & mental illness

Educate yourself & others about mental health

Talk openly about mental health



Do not label or stereotype people with mental illness

Be a positive mental health role model

Don't use disrespectful terms when you talk about people or mental health

Choose empowerment over shame

Click on the Image for more Mental Health Resources



**Shop at Kroger and support Dream Big - PSP Counseling!!**  
**Once you create a digital account and attach your rewards card, each time you shop, a portion of your sales will be donated to Dream Big!**  
**What an easy way to help!**

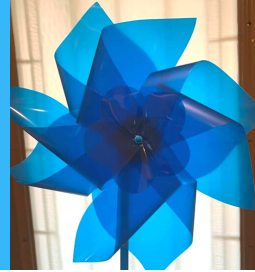
**Sign up Today!**

[www.kroger.com](http://www.kroger.com)

Scroll to the bottom of the page and click on Community, then click Kroger Community Rewards. Once logged in to your Kroger account search for Dream Big-PSP Counseling either by name or FW320 and then click Enroll. Thank you!

# Dream Big-PSP and April Child Abuse Awareness

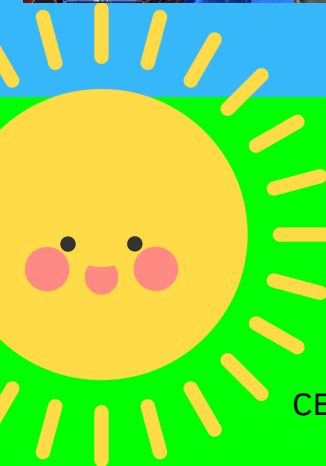
Dream Big - PSP Counseling wants to thank each and every one of you who took the time to share and/or read our informational social media posts and to those who participated in our attempt to bring awareness! A big congratulations to Maribel Reta for winning the \$25 gift in our WEAR BLUE challenge. In addition, thank you to those who donated throughout this month. Although we did not meet our goal, Dream Big was able to raise \$573. The kids of Fort Worth are truly blessed to have such a hardworking village behind them!



Join Dream Big on Wednesdays by wearing blue to bring Awareness to Child Abuse Prevention!



Pictured L-R: Sandy's Niece, John Simms, Sandy Rapp, Maricela Tobias Lastname, Enrique and Queta Garcia, Carolina Morales



## Dream Big Spotlight: May is Mental Health Awareness Month!

JOIN US FOR OUR 2ND ANNUAL MHA FUNDRAISER! IN THE MONTH OF MAY WE CELEBRATE MENTAL HEALTH AWARENESS AND WE NEED YOUR HELP! DREAM BIG NEEDS VOLUNTEERS TO BE MENTAL HEALTH AMBASSADORS. WE WILL SEND THOSE VOLUNTEERS AN EMAIL TO SHARE WITH THEIR FRIENDS IN HOPES OF HAVING AT LEAST 10 MENTAL HEALTH AWARENESS CAPTAINS TO REACH OUT TO 9 FRIENDS AND EACH PERSON DONATES \$10!



**1 IN 5 PEOPLE**  
EXPERIENCE A MENTAL HEALTH CONDITION

Learn more, share your story and spread the word.  
*You can make a difference.*

# Upcoming Events



## Mother's Day Raffle

Tickets sold until 12:00 pm on Saturday, May 7th

TICKETS FOR THIS BEAUTIFUL MARC JACOBS HANDBAG ARE 1 FOR \$25 OR 5 FOR \$100! HANDBAG VALUE \$425.00.

WE ACCEPT ZELLE (GABYGARCIA72@HOTMAIL.COM), VENMO, CASHAPP, CHECKS AND CASH.



CLICK ON IMAGE

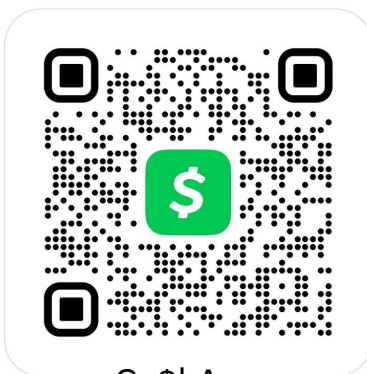
## Dream Big Online Store

GET READY FOR DREAM BIG'S FIRST ONLINE MERCH SALE! SHOUT OUT TO TOJO DESIGNS AND DR. RANDALL WILLIAMS WITH ALL IN ALL NEURO REHAB, WHO WERE KIND ENOUGH TO DONATE DREAM BIG SWAG TO RAISE FUNDS FOR MENTAL HEALTH AWARENESS MONTH. 100% OF PROCEEDS WILL BE FOR DREAM BIG SO STAY TUNED FOR MORE INFORMATION!

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TRANSFORM A LIFE WITH YOUR CONTRIBUTION

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Ca\$hApp  
\$DreamBigPSP



ZELLE  
Dream Big-PSP



Venmo  
@Dream-Big-PSP



# Anything is Pawsible

BY ANGEL THE DOG

Introducing Angel, our mascot! Angel says:

"Thank you for your support! **Dream Big-PSP Counseling was able to provide 85 sessions in April 2022!**"



## Mindful Journaling

A stress-reducing moment for self-love, growth, & rewiring the brain.

Enjoy!

Q. Who or what makes you feel safe?  
Why?

A large, light gray, cloud-shaped area containing ten horizontal white lines for writing.

### The Dreamer's Journal

#### Editors & Content Designers



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Helping People Along Their Healing Journey

Published May 1, 2022